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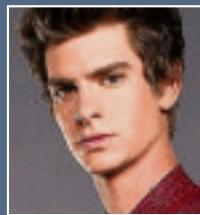
FREE

JULY 5, 2012



SPIDER-MAN

The first time I put
on the famous suit

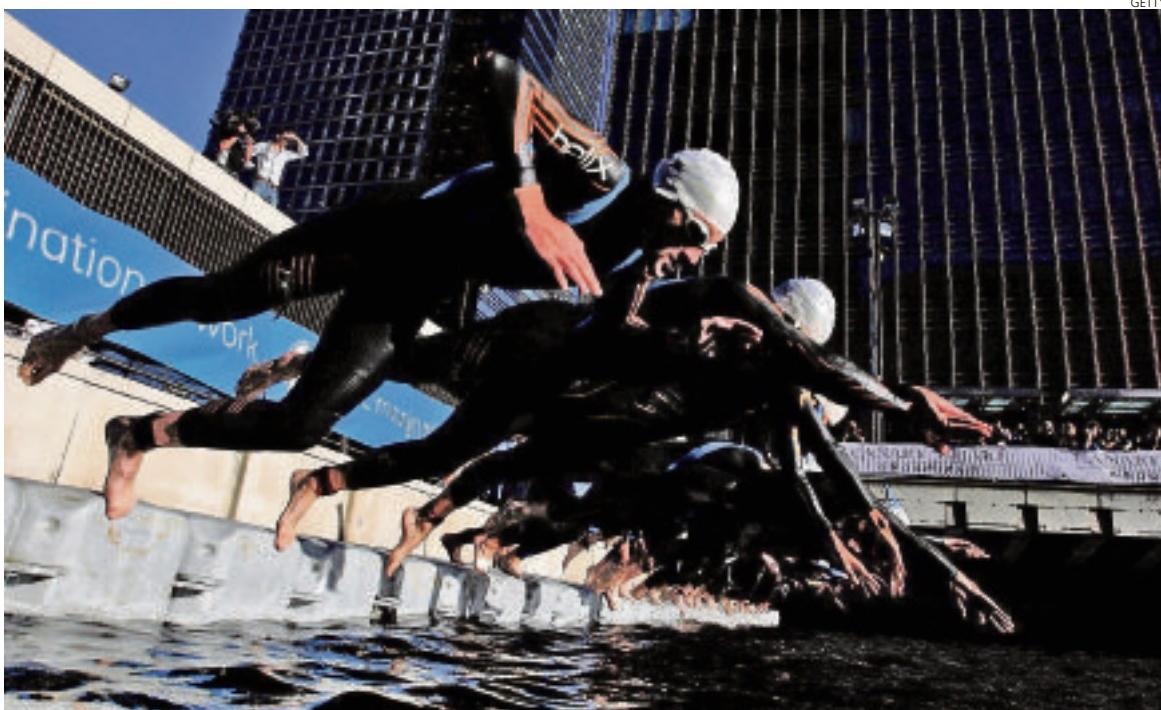


FAMILY MAN

Tony Parsons, punk
rocker to school run



TRIATHLON



Splashdown

On a warm night, crowds gathered for the annual Canary Wharf Triathlon which saw athletes swim through the dock and a cycle and run along the estate roads. [Report and pictures / Page 62](#)

INSIDE



Royal Docks ready to go

The cable car opened, the Paradise Festival launched – it's time for a right royal celebration

P4-6



A long time in banking

It's a week ousted chief **Bob Diamond** would rather forget as **Barclays** takes a hit

P8

OLYMPICS

We can bale out a busy O2 arena

■ Cable car will run extended hours to handle crowds

- With the new cable car in operation, *The Wharf* has learnt that Transport for London will extend its hours to help clear The O2 arena on busy concert nights.
- TfL's Jonathan Fox said: "We have an agreement with AEG and, to a lesser extent, Excel."
- The normal last flight across the Thames is 9pm.

[Full story / Pages 4-5](#)



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Showers**TRAVEL****TUBE & DLR**
DLR and Jubilee line are both fine.**ROADS**
Greenwich Park remains closed until October.

Don't even THINK of going home until 4.30pm when you can check our daily travel update

INSIDE**NEWS**
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Pages 15-50**FEATURES**
Pages 52-61**SPORT**
Pages 62-63**CONTACT US**

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ESTABLISHED 1998EAST LONDON CHAMBER
COMMERCE AND INDUSTRY

Agenda

It's the ultimate summer of sporture

We've finished watching some people chase a ball up and down a field. Now we are watching some people hitting a ball up and down a field.

After that we will watch some people run round a field. Why don't we forget the people and watch the field? Ideally we could watch one with wild flowers, a running stream and frolicking Disney-style animals. Doesn't that sound nice?

Sorry, I just don't get it. 2012 is the year of endless sweaty events. It's one tournament after another. I'm trapped in a circle of Dante's hell, sponsored by Nike.

BLONDE'S EYE VIEW**ANGELA CLARKE**

For weeks my partner and my friends have been busy shouting at big screen televisions. To begin with deserted shops and quiet restaurants were a joy, now I'm lonely and bored. This is the summer of sporture.

I'm being punished for my indifference to people running, jumping and kicking things.

When everyone else finishes work early to watch the match, who do you think stays behind to answer the phone?

I thought smokers were the kings and queens of skiving off, but they have nothing on sports fans. You can't object to people sneaking out for

the game, or watching the match on the Internet because you'll be accused of being unpatriotic and get beaten to death with foam fingers.

(I have no idea if they have foam fingers at these sporting thingy-majigs, but I like to think they do.)

People can shave bits off the working day as often as they want, as long as I get in on the action. There'd be no point feigning interest in tennis, I'd find that as boring as filing.

I want to skive off for what I want to do - drinking Pimms in that lovely field. Cover for me, Ol' Sport. Find Angela on twitter: @TheAngelaClarke

Reuters' view



Spain's Iker Casillas lifts up the trophy after defeating Italy to win the Euro 2012 final soccer match at the Olympic stadium in Kiev

A week in photos
Page 58

60 Second Wharf

Silvertown tunnel boost

Silvertown tunnel has been named a priority project which means that it is likely to be built within a decade.

Page 5**Westfield court date**

Seven people have appeared in court following an incident at Westfield in which a man was stabbed to death.

Page 10**A taste of paradise**

The free Paradise Festival launched the new London Pleasure Gardens on a site neighbouring the Royal Docks.

Page 6**Writing the wrongs**

Newham author Barbara Nadel has set her new crime novel in the shadow of the Olympic Park.

Page 7**Army of inspiration**

Deputy prime minister Nick Clegg came to Tower Hamlets to muster an "army of inspiration" for schools.

Page 12**Three times a winner**

Australian Aaron Royle and Britain's Katie Hewison were among the winners at the Canary Wharf Triathlon.

Page 62**P6**

Win Dinner and A Movie – and it could be Spider-Man **P61**

Corrections & Clarifications

At *The Wharf*, we pride ourselves in journalism that is honest, accurate and fair.

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Balloon's journey takes children on adventure

SCHOOL

Pupils become TV stars as jubilee stunt puts them in touch with theme park

AN amazing series of coincidences has led to Isle of Dogs schoolchildren making prime-time news in Belgium.

Balloons released by Cubitt Town Infants and Junior school during jubilee celebrations resulted in one of its classes going on a dream trip to a Belgian theme park and staying the night in a beautiful French chateau

Belgian national television station VTM were so taken by the story they filmed the pupils' visit for their evening news show.

Of the 22 balloons set free in the week leading up to the royal celebrations, with tags attached bearing their contact details, only four were found – the first in Margate, Kent, the other three almost 200 miles away in Belgium, with one landing at the Bellewaerde theme park, in western Flanders.

200
miles – the distance the jubilee balloon travelled

Sandy Pennock, teacher of the Year Two class whose Union Jack balloon was found, was contacted by the theme park, who offered an invitation for her pupils to visit.

Sandy said: "When my head teacher told me the news, I just laughed. I thought she was joking. It just wouldn't sink in."

She was even further surprised when educational travel company NST offered to organise their transportation and lodge them at their private Château d'Eblinghem in St Omer, northern France for a discounted price.

The costs were still too much for the school but, in yet another stroke of luck, the school's business partners



Cubitt Town schoolchildren enjoy their time at the Bellewaerde theme park



Children and parents release their jubilee-themed balloons

– publishers McGraw-Hill and French bank Société Générale UK – stepped forward to foot the bill.

The pupils travelled to Belgium last week and were trailed around the park not only by the film crew, but also reporters from several newspapers.

One of the pupils, seven-year-old Santino, said: "I loved being famous! We had a great time because it's a theme park and a zoo mixed together."

Rik van Humbeeck of VTM said: "I thought the story was perfect because some of the children had never been out of London in their lives."

"The many coincidences helped make their dreams come true. The undertone of this story is so beautiful. Coincidences can change people's lives. In a better way. And that's the beauty about it."

Chris Granet
Family / Page 52

NEWS IN BRIEF

Around east London

Olympics will deliver £16.5bn

EAST LONDON The Olympics will deliver a £16.5 billion boost to the economy by 2017 and help create around 60,000 jobs, a new report has claimed.

The benefits are mostly as a result of the building programme and tourism, says Lloyds Banking Group.

A third of the gains will come in the next five years, with the majority secured since east London won the bid in 2005.

235m crane hits new heights

CANARY WHARF

In an area that is not unfamiliar with cranes, there was still something of a spectacle when a 235m example turned up for work at the weekend.



The south side of Canada Square was closed to traffic as window-cleaning hoists were removed and replaced on the Citigroup Building.

The sight of mammoth cranes could soon become commonplace as roof-mounted plant nears the end of its serviceable life, say operators Cento Engineering.

Campaigners fired up over ban

CANARY WHARF Campaigners against legislation curbing smoking spoke out at a dinner at Boisdale Canary Wharf.

They included General Sir Mike Jackson, the former head of the British Army, and Simon Clark, of cigarette lobbyists Forest, which said more should be done to protect smokers' liberties in the face of growing calls to ban smoking in homes.

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Royal Docks

Cable car could help to clear the crowds at arena

AIR LINE Rob Virtue gets an early ride on the new link to The O2

TRANSPORT for London says it will work closely with The O2 to make sure concert goers can use the cable car as part of their travel plans home.

Operating hours for the Emirates Air Line, which opened last Thursday, will be 7am till 9pm but this will be extended for high profile events.

Speaking to *The Wharf*, TfL's Jonathan Fox, who oversaw the delivery of the cable car project, said: "We have an agreement with AEG that

when there are events at The O2 we will extend opening hours from 9pm to around midnight depending on concerts. There is a similar agreement with Excel but to a lesser extent."

Mr Fox said it was a major boost to have the Air Line running for the Games. It was only recently confirmed it would open before this summer's spectacular and TfL is this week due to publish its plans for the cable car operations during the Olympics.

"It's showcasing how we in Britain can deliver projects on this scale on time and on budget," he said. "It's a great product and a great experience."

Meanwhile, Mr Fox admitted that the cable car could be out of action for up to a week each year due to maintenance and high winds.

Mr Fox said the Emirates Air Line would not run if wind speeds reach 18 metres per second.

Mr Fox said: "When the winds reach 18 miles per second we would not normally run. That's not a safety issue, it's for comfort."

He pointed out the positioning of the cable was designed so most of the wind ran parallel to the route.

Also speaking at the opening of the cable car Mayor Boris Johnson was forced to defend the cost of the project, which totalled around £60million.



W What about east London's winds?

"When the winds reach 18 metres per second we would not normally run."

Jonathan Fox

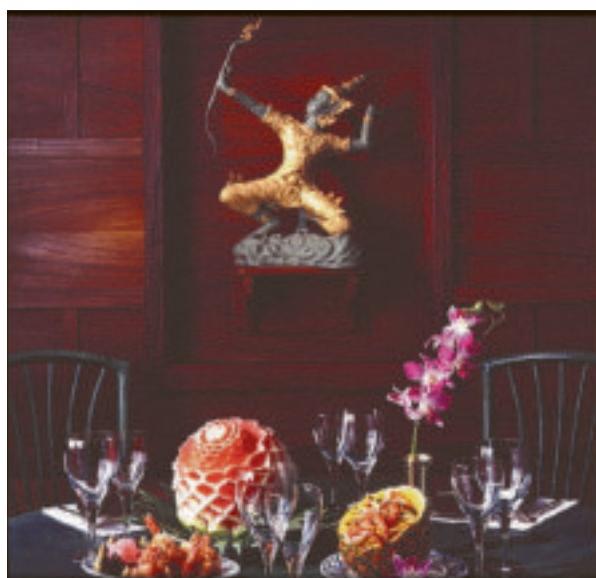
"It's a fantastic piece of engineering and an amazing tourist attraction," said the Mayor. "I'd say it was worth every penny and I want to pay tribute to Emirates which put forward a sizeable amount."

Emirates contributed £36million while Transport for London has also applied for £8million of EU funding.

"That's £44million on a build cost of £45million," said the Mayor. "People say it's an expensive cable car but nowhere on the Alps has anyone had to fit two 90m high piers to cross a river."

Prices for a single journey are £3.20 with an Oyster pay as you go and £4.30 without. Frequent flyers can buy 10 journeys for £16.

Journey times are around five minutes for a single trip at peak period but are likely to be slowed down at other times to allow for a longer experience.



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Emirates cabin crew attend the launch of the Emirates Air Line



The first passengers take to the cabins in the Emirate Air Line

An awesome ride – but one just for the tourists

TRANSPORT blog

THE Mayor of London Boris Johnson was never going to say anything negative about his personal project.

"It's spectacular," he beamed, prematurely jumping out of his gondola at North Greenwich after his first five minute journey.

What he didn't expect was exasperated yelps from the photographers who gathered at the far end where they were promised they'd get the best shot of the mayor exiting.

He quickly hopped back in only to step out moments later for fear of being taken on a trip back to Newham.

The mayor is right – the cable car ride is an awesome one taking you 90m above the Thames.

The views? Interesting. It is industrial east London after all.

Seeing The O2 with Canary Wharf in the background is some sight, but to the east there is a series of brownfield sites and on a slightly murky day – like most in London are – the views to the Queen Elizabeth Bridge are never going to be very inspiring.

Is it worth the money? Compared to say the £1.50 – soon to be £2 for the aforementioned crossing – then £3.20 for those with Oyster is a steal for both a tourist attraction and a commute.

For general travel, well if you are trying to get to The O2 when the Jubilee line is having one of its tantrums it's a very viable link.

And during the Olympics there should be queues of people waiting to give it a go.

But will it be busy on a cold February morning 2013? I doubt it somehow.

Rob Virtue



Mayor of London Boris Johnson takes a trip on the new Emirates Air Line between the Royal Docks and Greenwich

AIRPORT

Our new planes need more room

A STAND reconfiguration is key for one of City Airport's leading carriers.

Swiss International Air Lines, which runs 74 return flights out of the Royal Docks' airport, is upgrading its fleet of aircraft.

It currently uses Avro RJ100 for short-haul flights from City Airport. It plans to replace them with 20 Bombardier C-Series.

However, with the new aircraft having a greater wing span, the airline needs more space on the airfield.

Recently the airport abandoned its consultation on expanding its stand configuration.

Swiss International's manager for UK and Ireland Felix Rodel said: "The aircraft will arrive from 2014. It will have more capacity, greater fuel efficiency and it's a quieter aircraft so it's better for the people who live around the airport. It's important this is done."

The airline expanded its portfolio at City in May, adding Basel to its list of destinations which also include Geneva and Zurich.

Mr Rodel said it was important to launch the Basel route to maintain the airline's stronghold from City to the central European country.

"This is the right move for us from UK as to have the complete portfolio of Swiss cities," he said. "It's about keeping our position and keeping the airline in the front of people's mind for flights to Switzerland."

Travel: Swiss special / Page 56

Read on »

Pleasure Gardens gets party started



Page 6

GETTY / REUTERS / JON MASSY – THE WHARF

ROAD

Tunnel proposal in the fast lane

THE Government has thrown its weight behind proposals for a tunnel at Silvertown.

Transport Secretary Justine Greening designated the cross-river scheme a nationally significant infrastructure project. Mayor Boris Johnson, who applied for the order, said it would reduce the red tape needed for the tunnel and make it more likely to be open by the target of 2021.

"This decision is a major step forward for the Silvertown Tunnel, an important new Thames River crossing which would reduce congestion and boost economic growth in this important development area of London," said the Mayor.

"I welcome the Secretary of State's decision, which recognises the need for continued investment and the important role played by London's transport network in supporting economic development and growth, in the capital and right across the UK."

Transport for London is currently working on designs for the tunnel, which will link Greenwich Peninsula and the Royal Docks. It will consult on the proposals later this year.



Justine Greening

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Climb: Jerome Weatherman

Facing a mountain to climb

INTREPID mountain climbers raised more than £7,000 for a Tower Hamlets school for children with social, emotional and behavioural problems.

The group of eight who tackled Africa's highest mountain, Kilimanjaro in Tanzania, for Ian Mikardo High School in Bow included one of its former students, 24-year-old Jerome Weatherman.

"It was a challenge that has opened my eyes to the poverty in Africa," said Jerome, who is volunteering at Ian Mikardo.

"I've proved what I can do by meeting this massive challenge and I'm grateful for this amazing experience."

Headteacher Claire Lillis also made it to the summit.

She said: "It's a tremendous achievement for the team and for the school. We know that our students have great strengths and this proves what they can do when they set their minds to something that is really tough. I'm very proud of everyone who took part."

The climb was sponsored in part by Canary Wharf bank Barclays.

Go to justgiving.com/imhs.

Rob Virtue



A traditional fairground ensured children had plenty to keep them interested

Garden of delights



Outside everything from plants to records were sold while the now-misnamed Musical Youth brought the reggae



Victorians had storage dilemmas just like us



A JUMBLE of Victorian artefacts has been discovered during restoration work in the King William Courtyard at the Old Royal Naval College in Greenwich.

The finds include crockery, medicine bottles, shoes, boots, tennis balls and even a selection of battered bowler hats.

It appears the Victorians were into the same form of tidiness as those in the present day – stuffing old bits and pieces into any available space.

Jo Hall, learning manager at the Old Royal Naval College said: "We will never know the reason why the objects were hidden but we are delighted that we can benefit from the insight that they give us to the history of our site."

The cache was discovered by workers with DBR (London) Ltd who were replacing '30s concrete render on stairs leading into the King William Courtyard.

Containers full of artefacts such as shoes, above, and a pipe, below, next to the storage space where they were found



PICTURES
OLD ROYAL
NAVAL COLLEGE

Ms Hall said: "From the markings on the tableware it was possible to date the cache to the late 19th century when the Royal Navy's officers were trained in Sir Christopher Wren's buildings. Taken together the items paint a fascinating picture of daily life at the officers' college."

A bowler head, ornate clay pipe, glass drinking and medicine bottle and an Officers College plate are among the items that will go on display in Discover Greenwich.

Museum of London Archeology specialist Nigel Jeffries said: "The number of empty ceramics jars in the cache clearly shows the owner loved Crosse & Blackwell jams and pickles. The discovery of this random assortment of 19th century everyday items raises many interesting questions."

Giles Broadbent



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All details correct at time of press.

Author worries Olympics may cause divisions

PEOPLE

Social fabric has been put under strain by change

Giles Broadbent
@wharf.co.uk

THE East End has always exhibited an ability to adapt – but the pace and scale of change with the arrival of the Olympic Games has placed a strain on the social fabric.

That is the view of author Barbara Nadel who has been living in Manchester, away from her native Newham, giving her an opportunity to watch the latest wave of regeneration from afar.

She said: "I saw the changes more objectively once I was away from it. It is quite useful to take that step back."

The writer is best known for her *Ikmen* series of crime novels set in Turkey, but her ruminations on the particular plight of Newham prompted a new series exploring the darker edges of life in the shadow of the Olympic Park.

She said: "I wanted to get back to my personal roots and I wanted to explore my borough, which I have seen through many decades now."

She's moving back to London soon and she's worried there has been too little time for communities to absorb the arrival of a new city on their doorsteps.

She said: "It's better to do something than nothing and a lot of the buildings that have been put up are very good, some of them are not. From what I discern, the most contentious building is Westfield. Friends of mine said that when they took down the screens it was like the aliens had landed.

"There are fears that things



Author Barbara Nadel is heading back to Newham



What is your main concern?

"There are fears that things that people hold dear might suffer."

the people, the different immigrant communities rubbing along – or not – that is the theme of her new book, *A Private Business*, which pitches troubled private investigator Lee Arnold and assistant Mumtaz Hakim, a young Muslim widow, into a world of race hate and crime.

She said: "Newham has gone through a period of very rapid change. Over the years we have adapted and what is conceived of as community is a much wider thing than what was in the past.

"But you look at the borough as a whole and see the City is expanding out into our area and there are going to have to be more adaptations.

"We've been through many cycles – think of the dissolution of the docks, the Docklands Development Corporation – that was supposed to be a new dawn but it didn't really do a huge amount for Newham – and now we have the Olympics.

"We'll have to see whether it's good or bad. There's not as yet rising house prices. Apart from that, there's not a lot to see except a lot and lots of flats."

And it is the lives of

■ *A Private Business* is published today (Thursday) by Quercus, priced £18.99



The Olympic Park arrives on Stratford's doorstep



Protesters take to the streets against rooftop missiles

Olympics Protesters march against missiles

HUNDREDS of people took part in a weekend protest against the siting of missiles on top of residential flats in Bow during the Olympics.

Protesters marched from Mile End Park to Bow Quarter in Fairfield Road, the location of the rooftop surface-to-air missiles.

But on Tuesday, the Government confirmed the deployment would go ahead in the next couple of weeks saying it "will provide both reassurance and a powerful deterrent".

Everyone's invited

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SPORT ENGLAND

Analysis

POLITICAL NOTES & VIEWS

With Peter Golds

Conservative, Blackwall & Cubitt Town

A resident said to me this week that we had anticipated every eventuality for the Olympics except the weather.

Certainly there has been little evidence of flaming June as the Diamond Jubilee appeared to be as rain swept as the Coronation in 1953.

The achievement so far in bringing the Olympics to London has been outstanding and while we cannot plan for the weather we can ensure that the organisation is as smooth as possible.

There are concerns – moving the sheer number of competitors and visitors to east London will strain our transport network. Here at Canary Wharf, we are a world wide business hub, with more than 90,000 people coming to work every day. We also have the elderly and the housebound in Docklands. The Olympic Delivery Authority has produced plans to minimise disruption to locals but those who rely on Meals on Wheels and hospitals have every right to be concerned.

It is essential the council understands this and works alongside the Olympic authorities.

Tower Hamlets mayor Lutfur Rahman has been given a special All Areas Road Pass. Let us hope that Meals on Wheels, for which he has responsibility, will continue to serve our most vulnerable neighbours during the Games.

Hospitals have every right to be concerned

A long week in banking

Giles Broadbent traces the drama since Barclays was exposed for manipulating Libor

WED
27
JUNE

BARCLAYS Bank is fined £290million for trying to manipulate the interbank lending rate, Libor, which influences the cost of loans and mortgages. Traders at the Wharf-based bank lied to make the bank look more secure during the financial crisis. Bob Diamond forgoes his bonus.

THURS
28
JUNE

MAYOR Boris Johnson refuses to be drawn but says: "I think another £50million may be in order" referring to the bank's sponsorship of his bike hire scheme.

28

BOB Diamond comes under pressure to resign after the revelations. Prime minister David Cameron says: "People have to take responsibility for the actions and show how they're going to be accountable for these actions. It's very important that goes all the way to the top of the organisation." CHANCELLOR George Osborne says the offence was not criminal but the Government would consider strengthening the current law.



Bob Diamond outside Barclays flagship branch in Canary Wharf

REUTERS

29

LABOUR leader Ed Miliband calls for a criminal investigation. BARCLAYS shares take a slide.

FRI
29
JUNE

BANK of England Governor Sir Mervyn King launches a scathing attack on the banking industry. 'From

30

Lord Myners: This is the most corrosive failure of moral behaviour I have seen in a major UK financial institution in my career.'

excessive levels of compensation, to shoddy treatment of customers to deceitful manipulation, we can see we need a real change in the culture of the industry."

THE Wharf-based Financial Services Authority reveals Barclays, HSBC, RBS and Lloyds had agreed to pay compensation for mis-selling interest rate hedging products. SPEAKING in Brussels, David Cameron rejects calls for a public inquiry into banking.

SAT
30
JUNE

BOB Diamond is summoned for questioning in front of the Commons Treasury select committee.

ED Miliband says: "The people want a moment of reckoning for our banks. They want a light shone into every dark corner of our banking system."

SUN
1
JULY

ANGELA Knight, the chief executive of the British Bankers' Association warns against a witch-hunt.

MON
2
JULY

BARCLAYS promises a "root and branch review" of its practices as chairman Marcus Agius resigns saying: "The buck stops with me." DAVID Cameron launches a full parliamentary inquiry into the rate-rigging scandal.

TUES
3
JULY

BARCLAYS chief executive Bob Diamond resigns with immediate effect. His right-hand man Jerry del Missier also goes after it was confirmed he was the one instructing staff to lower the rates.



No-one in the world I admire more than my dad. Shame to see the mistakes of the few tarnish the work of so many
@Nellie Diamond

CHAIRMAN Marcus Agius returns to search for a new chief executive. BARCLAYS suggest that emails exchanges with the Bank of England indicate a level of sanction for its actions.

WED
4
JULY

FORMER Barclays boss Bob Diamond makes an appearance before MPs after dragging senior establishment figures into the scandal.



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Adam coats his dog with handiwork

ADAM Ant has unveiled a Black Dog sculpture – wearing a coat he designed – as part of the latest campaign by mental health charity Sane to raise awareness about depression.

Black dogs have been used as a metaphor for depression through the ages, with the term popularised by Winston Churchill.

The '80s icon, who suffers from bipolar disorder, took time out from his tour with The Good, The Mad and the Lovely Posse to attend the launch.

Speaking at Island Gardens park on the Isle of Dogs, he said: "Inspiration for my design came from Grauman's Chinese theatre in Los Angeles, where people go to see where actors have put their hands in concrete."



Adam Ant with the black dog in its specially designed coat

"The hand prints are covered in words like 'hope', 'faith' and 'serenity'. I wanted it to be simple so that younger children can appreciate it."

"Young people need to know that if they're going through difficult feelings, it doesn't necessarily mean there's something wrong and they don't just need to be sent to the doctor."

Echoing the need for a

change, Mayor of Tower Hamlets Lutfur Rahman said: "One in five people suffers from depression. It is important for people to access help and I support the campaign to reduce the stigma attached to depression."

Adam Ant's dog is one of several located around London, with a further two in Tower Hamlets.

Alex Taylor



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News

United kingdom of dance



The English National Ballet, Scottish Ballet and National Dance Company Wales have joined forces for the first time to present a triple bill of dance inspired by the London 2012 Games. The show at the Big Top at the Old Royal Naval College in Greenwich continues tonight (Thursday) to Sunday. Go to dancegb.co.uk.

Seven appear in court after Westfield killing

CRIME ROUND-UP

Rob.Virtue
[@wharf.co.uk](http://www.wharf.co.uk)



SUSPECTS charged in relation to an attack that left a 24-year-old dead at Westfield Stratford City have appeared in court for the first time.

Liam Woodards, 24, died from stab wounds at the shopping centre on Friday afternoon.

On Monday, seven men appeared at Thames Magistrates in connection with the attack.

Michael Ndefo, 21, of Plaistow, Jason Vaughan, 24, of Stratford, Jerome McLeish, 20, of Victoria Docks, Danny Caton, 23, of Stratford, and Rhys Regisford, 20, from Plaistow, were all remanded in custody until next Monday.

Tony Caton, 21, of Stratford, and Emmanuel Oloyede, 19, of Plaistow, were bailed to reappear on July 30.

Meanwhile, Michael Alvaranga, 23, of Leytonstone, and Javin Righbie, 22, of Stratford, appeared at Barkingside Magistrates and were both remanded in custody to appear at a venue yet to be decided on July 9.

■ A teenager was stabbed when violence erupted on the top deck of a bus in Limehouse.

Police were called to Burdett Road at 7.30pm on Saturday. They found a 17-year-old man with a stab wound to his chest.

He is still in hospital in a stable condition. The rear window of the bus was smashed during the altercation which involved a number of youths.

Call 020 7275 4772 if you have information.

■ Police are still hunting a woman who robbed a taxi driver and stabbed him in the neck.

The suspect, believed to be around 25 and Asian, stole cash from the man in the incident at Masthouse Terrace on the Isle of Dogs on June 14.

DC Gary Rowlands of the Robbery Squad said: "This is a particularly nasty robbery where the victim has been lucky to escape serious injury."

"Any witnesses are asked to contact police as soon as possible."

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Digest**999****Woman dies in hit and run**

A WOMAN run over on a pedestrian crossing in Newham has died.

The 27-year-old pedestrian was rushed to hospital with serious head injuries following the incident in Silvertown Way after midnight on June 23. She died at the Royal London last week.

The victim was found by police opposite Canning Town Bus Garage. Officers said she was using the pedestrian crossing when she was hit by a white van, which failed to stop at the scene. A man later handed himself in.

**Olympics
Restrictions on city waterways**

A 15-MILE restricted zone on the canals around the Olympic Park has been set in place, affecting river traffic around Limehouse basin.

Boats with no home mooring will have to pay to register to stay in the controlled zone with the money going towards funding the extra security.

The Canal And River Trust, the charity which manages Britain's waterways, said control zone checkpoints will be in place at Lea Bridge, Little Venice and Limehouse, checking boats in and out.



Principal Sarah Counter with children from Canary Wharf College in Millwall Park in national costume

Planning**Question mark on printing site**

SOUTHWARK Council is looking to block the sale of Daily Mail's vast Canada Water printworks which was agreed last week.

The council is the freeholder of the 15 acre site and wants time to reconfigure its masterplan now that the publisher has decided to move out.

British Land said it had bought the Harmsworth Quays printing works with a plan to take possession in 2013. The company is already investing £34million in the Surrey Quays shopping centre.

Education**Pupils stage sports festival**

CHILDREN at Canary Wharf College celebrated the start of their Sports Focus Week with an Olympic style opening ceremony.

All the children wore their own national dress celebrating the multi-cultural nature of the school.

Carrying their flags they paraded after their Olympic torch around Millwall Park.

Governor and founding trustee Michele Martin declared the week-long festival of sport open after the lighting of their own "Olympic flame".

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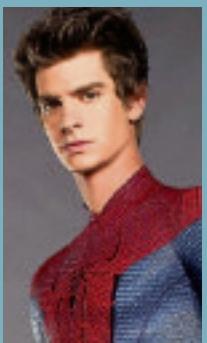
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PLUS

Food

Fancy sushi in Greenwich?

Motors

Mercedes goes for looks

Sport

Wharf Triathlon special



FROM PAGE 13 – JUST LIFT OUT PROPERTY

GETTY



Guests test the dining area that contains seating for 5,000



Served a sponsor's beverage at the Globe bar

Clegg calls up army of inspiration for schools

DEPUTY prime minister Nick Clegg headed to Bishop Challoner school in Tower Hamlets this week to unveil a new scheme to inspire children to pitch for high achieving careers.

The new scheme will send an army of volunteers into state schools to give inspirational talks.

Launching the Inspiring The Future initiative Deputy Prime Minister Nick Clegg said: "We're calling on doctors, nurses, lawyers, builders, business people, civil servants, farmers, mechanics, engineers and other working people to give up just an hour of their time to talk to students in their local state school about how they got where they are today. The power of making connections that inspire young people is immeasurable and can be life-changing."

"Many successful people can point to a moment in their lives when they were inspired to become the people they are today. Now it's their turn to help young people fulfil their potential."

The Education and Employers Taskforce aims to recruit an "aspiration army" of 100,000 volunteers.

Bishop Challoner School students experienced the initiative first hand, taking part in workshops with inspiration figures, including Joanna Lumley.

Go to inspiringthefuture.org.

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Feeding 5,000 takes catering on biblical scale

A 24-HOUR dining area capable of seating 5,000 and a McDonald's restaurant have been completed in the Olympic Park's Athlete's Village – and have been put to the test by visitors.

The temporary eating zone will open later this month, alongside a gym, a recreational area and a multi-faith chapel, which have also all now been built.

Around 16,000 Olympic athletes and team officials, as well as 6,200 Paralympic competitors and officials, will be using the facilities.

They will run alongside 250,000sq m of apartment space and a Village Plaza, which will include cash machines, a mobile phone outlet, a beauty salon and other general stores.

After the Games, the Olympic Delivery Authority will remove fittings in the apartments and add new kitchens to turn them into 2,818 homes.

The multi-faith centre and gym will be turned into a school specialising in performing arts.

Olympic Village Mayor Sir Charles Allen, who was appointed into the role in May, said: "A huge amount of work has gone into ensuring that London 2012 will deliver a gold medal standard Olympic Village that has been designed with the needs of modern athletes in mind."

Locog chairman Seb Coe said: "Our villages team, athletes' committee and partners are each playing a crucial role in creating a first-class village to help athletes relax and prepare for the Games and we're thrilled to welcome some of those who have been pivotal in making this happen."

Rob Virtue



Joanna Lumley and Nick Clegg at Bishop Challoner School

What's on

GIG

Pat Metheny

Barbican



World renowned jazz musician Pat Metheny brings together a new all-star ensemble, to mark his first London concert in two years, and his only UK appearance this year.

Saxophonist Chris Potter joins Metheny for a collaboration that should spark flames. Drummer Antonio Sanchez's association stretches back to 2003. Metheny said: "With Antonio, anything is possible."

Given the combination of talent on display, the band is sure to make the impossible a reality.

■ July 8, 8pm, £10-65, barbican.org.uk.

GIG

Bloc

London Pleasure Gardens



Snoop Dogg is part of a line-up that includes Orbital and Gary Numan for a festival at the recently opened Royal Docks venue.

The Bloc weekender runs on Friday and Saturday following a quite extreme move from last year's venue – Butlins holiday camp in Minehead.

Snoop was this week fined after taking eight grams of marijuana to an airport in Norway but fans were happy to see him released so he could headline Friday's gig.

■ July 6-7, 2pm-6am, £55 for the day, blocweekend.com.

GIG

Wolfmother

Indigo2



Grammy Award-winning Australian rockers Wolfmother have announced a special one-off performance in London this summer.

The event will see lead singer Andrew Stockdale performing with the new band line-up, playing tracks from their as yet untitled third album, as well as other classics such as *Joker And The Thief*, *Dimension* and the mighty *Woman*.

The band will be supported by Turbowolf, a four-piece rock outfit from Bristol.

■ July 6, 7pm, £22, theo2.co.uk.

Animals freed from bars are zoo's star attraction

REVIEW

Zoo Lates

London Zoo

Sticky-fingered, high pitched, hooting, whooping, running, jumping kids. Bad enough in small numbers but hyped up on the promise of exotic animals and fuelled by lion-shaped lollies, hunting in packs for a glimpse of their quarry? All but unbearable.

It's enough to put you off going to London Zoo at all. Fortunately, ZSL has worked out some Londoners are deterred from visiting the attraction by the prospect of having to jostle with six-year-olds for a glimpse of a llama and Zoo Lates is its solution.

The gates open at 6pm for these ticket-only Friday night events where under 18s are outlawed.

Attracting a predominantly 20-something crowd, bars, food stalls, live music and comedy all meld with the zoo's more traditional attractions to form an adult playground.

There's face painting, a silent disco and lots of dressing up but at the event I attended last week the atmosphere remained mellow.

And it was awe at being in the presence of the rare and remarkable creatures housed at the zoo that set the tone rather than the added frivolities.

Visitors politely moved aside to give each other a go. Smiles and a shared sense of fun dominated as faces became painted, costumes were donned and areas usually reserved for smaller humans became the habitat of pint-toting young professionals.

I remembered the zoo from my childhood as a fairly formal place. Animals tidily arranged in cages with

PREVIEW

Keeping that Jubilee spirit going

The London Dockland Singers are keen to keep the Jubilee party going by dedicating their annual concert to the Queen's 60-year reign.

The performance, to be held at All Saints Church in Poplar, is set to feature classics sung at the 1953 coronation including Handel's *Zadok The Priest*, Howell's *Jubilate* and Parry's *I Was Glad*. The crowd will also be able to enjoy prom favourites such as *Jerusalem*.

Chorister and choir manager, Amelie Handke said: "It's a great



JON MASSEY

A squirrel monkey surveys visitors from a rope just above their heads. Below, one of the zoo's two lion cubs

W

What's the best thing about Zoo Lates?

"The newer walkthrough enclosure, featuring monkeys, butterflies and birds are simply stunning."

little space, bored, dejected, unmoving. Hopes of seeing some activity that wasn't the same repeated steps over and over again were quickly crushed.

I'm pleased to say it's no longer like that. The biggest species have moved out to Whipsnade in Bedfordshire where there's more space and those that remain are benefitting from what appears to be a rolling programme of improvement and development. The



opportunity to keep the spirit of the Jubilee going – flag waving is strongly encouraged. We hope to have lots of groups and residents of the local community to join us."



London Dockland Singers regularly raise money for good causes with recent concerts generating £2,500 for Help For Heroes and £10,000 for the Lin Berwick Trust, a disability charity.

The choir, which was set up in 1992 and is led by conductor and composer Andrew Camping, practices weekly in Island Gardens and always welcomes new members.

■ 7.30pm, July 7, £8 (£5), 020 7538 3176.

Alex Taylor

newer walkthrough enclosures are simply stunning.

Squirrel monkeys, exotic birds, butterflies, sloths and armadillos are all housed without barriers.

Keepers preserve the peace, reminding visitors not to get too close (the monkeys delight in peeing on the public and bite if riled), but the experience is delightful and feels much more special than simply looking through the bars.

The animals don't seem to mind in the least and carry on with whatever they're doing regardless.

Although thoroughly charmed by the event, I did have a couple of gripes. Many of the attractions closed around 9pm and without a clear guide to what shut when, many visitors were left disappointed after lengthy walks.

Given everyone was due to be evicted by 10pm this seemed a little cynical, especially with pints priced at £5 and similar mark ups for food. A no BYO policy meant the monopolies felt a little exploitative.

My other criticism is on behalf of the women. Not enough toilet cubicles resulted in long queues and, let's face it, nobody enjoys that, not when you could be face to face with an armadillo or a sloth.

■ Zoo Lates, July 6, 13, 20, 27, 6-10pm, £25, zsl.org.

Jon Massey

Our verdict

Nothing compares to the thrill of coming face to face with the exotic

★★★★★

What's on

SCREEN



Katy Perry: Part Of Me
(PG) 97mins

★★★☆☆

In less than four years, Californian singer Katy Perry has become one of the biggest selling artists on the planet.

She capitalised on the controversy of debut single *I Kissed A Girl* with two hugely successful albums and a whirlwind marriage to Russell Brand.

This film is a behind-the-scenes documentary that traces her ascent from gospel singer Katy Hudson.

The film captures the impact of divorce on an exhausted Perry as she takes her *California Dreams* tour around the world.

"Thank you for believing in my weirdness," she squeals to adoring fans during one candy-coloured musical number.

Dan Cutforth and Jane Lipsitz's video diary is a conventional fly-on-the-wall portrait in a similar vein to Justin Bieber's *Never Say Never*.

Invariably, it's the raw footage which makes the biggest impact, and Perry allows the cameras to keep rolling as her marriage collapses around her.



The Hunter

(15) 101mins

★★★☆☆

Daniel Nettheim directs a haunting drama adapted from the novel by Julia Leigh, about a hunter who is drawn into a stand-off between environmentalists and loggers in one of the most beautiful locations on Earth.

A biotech company hires expert marksman Martin David (Willem Dafoe) to travel to the Southern Hemisphere and hunt the last remaining Tasmanian Tiger. The elusive and majestic beast is believed to hold the secret to a pharmaceutical miracle.

As Martin stalks his prey, he begins to question the morality of destroying an endangered species forever.

Read on »

Win a chance to see any of these movies (and a pizza) with our competition

Take Five / Page 61

How I was caught in hero's web of fantasy

INTERVIEW

Andrew Garfield tells **Kate Whiting** he called on his inner child to find the heart of Spidey

Stepping into a superhero suit is a big deal for any actor. But for 28-year-old Andrew Garfield, putting on the iconic red and blue latex of Spider-Man was the fulfilment of a boyhood ambition.

"It was an incredibly profound moment," says the actor, who grew up in Surrey and is recognisable with his dark brown quiff rising up from a boyishly handsome face.

"It was the first costume I ever wore as a three-year-old, so it's always meant so much to me. When I first put on the suit, I was overwhelmed because it was something I'd always fantasised about."

As is often the case though, the reality soon proved to be a little less glamorous.

"The suit's not designed for comfort," Garfield adds. "It's designed for looking awesome on the outside and feeling terrible on the inside. So that first moment was mostly just itchy and uncomfortable."

And with great superpowers comes

great responsibility. For Garfield, this means proving to the millions of Marvel Comics fans that he can pull off the part.

It's exactly 10 years since Tobey Maguire first donned the Spidey outfit and only five years since his third and final outing in *Spider-Man 3*.

Garfield is philosophical about the pressure. "I'm not scared," he says, running a hand over a lightly stubbled chin.

"I am playing the same character Tobey played but that's the way it goes. There will be comparisons and there's no way to control that. I have to let that go."

"But I respect what he did immensely, and when I was 19 I watched that first Spider-Man and it reminded me how much that character always meant to me and re-ignited my passion for it."

"So it's an honour to step into the suit after him, and I'm excited to then pass it on to the next person."

As well as the itchiness, Garfield also experienced a mini epiphany when he



Andrew Garfield and Emma Stone as Peter Parker and Gwen Stacey – they

BACK STORY

■ Andrew Russell Garfield was born in Los Angeles on August 20, 1983, and has dual nationality.

■ Garfield made his British TV debut in 2005's Channel 4 teen drama *Sugar Rush* and in 2007 appeared in the third series of *Doctor Who*.

■ In March this year, he made his Broadway debut in *Death Of A Salesman* and was nominated for a Tony Award.

first put on the suit, which helped lift some of the burden.

"I realised it's too big a symbol for me to fill and it's too big a symbol for even Peter Parker to fill. I don't think he ever feels like he can live up to the symbol that he creates," he says.

"That suddenly made me feel freer to explore the character and the journey."

Like the first Maguire film, *The Amazing Spider-Man* is an origins tale, explaining how Peter Parker becomes the superhero, but that's where the similarities end.

Bumbling Parker has to go through it all again

SCREEN

The Amazing Spider-Man

(12A, 136mins)

Rebooting the Spider-Man franchise 10 years after Tobey Maguire donned the red and blue skin-tight suit as the eponymous web-slinger seems premature.

The Amazing Spider-Man recounts the same origins story – the bite from an Oscorp spider that imbues weaking Peter Parker with his superhuman powers; the senseless tragedy that propels the student on his heroic quest.

But technology has advanced in gargantuan bounds and casting is

also better here. Andrew Garfield tugs the heartstrings as a teenager wrestling with a destiny he never asked for.

Screen chemistry with Emma Stone sizzles. It's no surprise they are reportedly dating off-screen.

What *The Amazing Spider-Man* lacks is a scenery-chewing villain or that one defining moment that lingers in the memory like the upside-down kiss.

The film is a terrifically entertaining refurbishment of the Marvel Comics superhero, blessed with an appealing mix of high-octane action and humour.

A delightful scene on the New York subway, in which Peter experiences his abilities for the first



Andrew Garfield as Spider-Man gets to grips with his powers

time, is pure slapstick replete with a heartfelt apology to the poor passengers caught in the crossfire.

Vertiginous sequences of the hero swinging between skyscrapers look stunning and digital effects are polished.

However, director Marc Webb is equally interested in what goes on behind the mask.

The tentative romance with Gwen affords a pleasing change of pace from the frenetically edited skirmishes with The Lizard.

A tantalising additional scene, embedded in the closing credits, whets our appetite for the sequel, which is pencilled for release in summer 2014.

The Amazing Spider-Man? Almost. Damon Smith

Our verdict

Too early for a re-boot but the opportunity is not wasted

★★★★☆



fall in love in real life and on screen

The love interest in the film is not Mary Jane, but Peter's school crush Gwen Stacy, and the villain is The Lizard, rather than the Green Goblin.

Aptly-surnamed director Marc Webb and Marvel Studios founder Avi Arad knew that if they were going to bring the character back so soon after his last incarnation, they would need to do something different.

Arad says: "We didn't know what made him Peter, so we went to the origin, in which he lost his parents, encumbered by not knowing what really happened."

"When you meet Peter, you see the complexity of an orphan. It's a very different set-up."

It's no secret now that Garfield fell for his co-star Emma Stone (who plays Gwen Stacy) on set. The pair have been dating since last summer, often photographed looking very much in love.

He admits it was vital that their characters had good on-screen chemistry.

"All the dynamics are based in love," he says. "I think [what's] important is that the dynamic between Peter and Gwen is based in love and based in them fulfilling something in the other."



He also found it "very easy" to love Rhys Ifans, who plays Peter's dad's former partner Dr Curtis Connors and his vengeful alter-ego, The Lizard.

"There was something so simple and immediate between me and Rhys. We're from the same island and that helped a great deal. Then we just worked really hard."

Garfield was born in Los Angeles to an American dad and English mum. The family moved to Surrey when he was three and Garfield started acting classes in Guildford when he was 12, later training at the Central School for Speech and Drama.

In 2008, he won a Bafta for his breakout performance as a released convict in *Boy A*, and in 2010 received Golden Globe and Bafta nominations for his part in the Facebook film *The Social Network*.

To get into role, he spent hours reading Spider-Man comics, watching the movies and trying to "inundate" himself with the qualities of the character.

"The most useful thing was going back to my very personal connection to it. I feel a very, very deep connection and always have to Peter Parker," Garfield says.

"The three-year-old inside of me was the best kind of compass I could have."

BOOKS



Tony Parsons is a millionaire who grew from working class roots

God save the Queen, says ex-punk rocker

Rebel and agitator Tony Parsons is now Mr Respectable, says **Hannah Stephenson**

Tony Parsons has enjoyed a good rant in his time, as a writer and former hell-raiser who once hung out with The Sex Pistols, took drugs and slept with lots of women.

But today the multi-millionaire author and *Mirror* columnist, who made his name 13 years ago with *Man And Boy*, has become Mr Respectable with an Essex twang, a fervent monarchist who still believes in this country.

"I feel very British," said Parsons. "I'm a fanatical royalist. I'm the punk rocker who defected to the Crown. I think the Queen is more of a punk than Johnny Rotten. She's following her destiny – and Johnny Rotten's advertising margarine."

Parsons was brought up in a working-class household which was sceptical about the monarchy.

He said: "My dad always used to tell the story about meeting George VI when he received his Distinguished Service Medal. The story goes that the King said, 'You've done very well, Parsons' and Dad said, 'And you've done all right yourself'. Dad had that non-deferential attitude."

Parsons, 58, a former punk chronicler, is now more at home promoting adult literacy with the Duchess of Cornwall, slagging off political parties in equal measure in his *Mirror* column and doing the (private) school run with his nine-year-old daughter, Jasmine.

But he doesn't paint a very favourable picture of the country

in his latest novel.

The taxi driver central character is almost jailed for confronting two burglars in his own home, prompting him to seek a happier life on the island of Phuket.

The book is more of a tribute to his father, Victor, a former Royal Naval Commando who felt disillusioned about the life offered to him on his return to Britain after serving his country.

Parsons said: "My dad was more than a tough guy. It made civilian life very difficult for him. By the time he was 20, the commando life was over.

"Both my parents had low-paid jobs – he was a greengrocer, she was a dinner lady – and he felt that surely there should be more to life than that. He didn't believe he had returned to a land fit for heroes."

His father died from cancer before Parsons achieved success with *Man And Boy*. He had seen his son go through the trauma of the breakdown of his first marriage to the

writer Julie Burchill, with whom he has a son, Robert, now 32, whom he rarely sees. Parsons became a single father for 10 years and his parents provided much of the support he needed.

"It really hurt me in ways that I wasn't prepared to acknowledge for years," he said.

But he always likes to end on an optimistic note.

"I believe in the healing power of happy endings," he said. "And *Catching The Sun* feels like a lucky book to me."

“ My parents had low paid jobs and dad felt, surely there should be more to life than that

DVD

**John Carter**

(12) 126mins

★★★☆☆

Confederate soldier John Carter (Taylor Kitsch) is magically transported to Mars, where he is captured by a savage race of 15ft-tall green warriors called Tharks.

Kind alien Tars Tarkas (Willem Dafoe) and his plucky daughter Sola (Samantha Morton) attempt to protect Carter from power-hungry rivals Tal Hagus (Thomas Haden Church) and Sarkoja (Polly Walker).

Elsewhere on the planet, power struggles wage to and fro but, famously, failed to make a dent at the box office despite its \$250million price tag.

John Carter is a fantastical and fantastically dull. Andrew Stanton's film lumbers like the monstrous white apes, which the hero fights in a gladiatorial setting reminiscent of the Rancor pit from *Return Of The Jedi*.

Technical wizardry overwhelms one or two flickers of emotion and we give up caring well before the plodding 126 minutes are up.

**This Means War**

(15) 93mins

★★★☆☆

CIA agent FDR Foster (Chris Pine) helps partner Tuck (Tom Hardy) dip his toes back into the dating pool by creating a flattering profile on a relationship website.

Tuck accepts a first date with Lauren (Reese Witherspoon). Tuck is instantly smitten. But FDR also encounters Lauren and he falls for her acidic wit.

Armed with a dazzling array of hi-tech gadgetry, FDR and Tuck compete against each other to win Lauren's heart.

This Means War delivers slam-bang thrills and a few sparkling one-liners as rivalry between the two elite operatives intensifies.

Director McG knows how to bolt together explosive sequences. However, comic interludes don't always hit their target and the voyeuristic nature of the men's surveillance leaves a nasty taste in the mouth.

Damon Smith

Family

WORKING MUM

By Tabitha Ronson

Bouncing to keep up with the Joneses

Every one of Master A's associates has a trampoline. Ergo Master A has to have one.

Before I became a mum I really wasn't one of those types that felt the need to keep up with the Joneses – I walked my own path, happy to have what I had, never coveting others' possessions.

I am that same person but now I have an appendage: a four-year-old son who wants everything – and to whom I want to give everything.

He will not be the only child without a spring in his step. I do not want to be responsible for not giving my son opportunities.

If Master A has the desire to bounce then bounce he shall. If this is the skill he needs to acquire, the ability to jump up and down on a bounce mat, in order to become a neurosurgeon (or plastic – I have to plan ahead), astronaut, physicist or leader of a country, then who am I to deprive him or hold him back?

At the weekend, we went on a mission to buy a trampoline. Who could have predicted

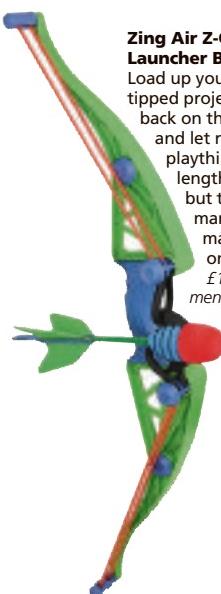
it would have been such a minefield? From size, shape, length of springs, thickness of frame pads – so many factors to consider before making that all important purchase.

Overruled by so much choice, I did what every sensible parent does – I stepped back and left it to Master A to choose. Bounce after bounce after bounce. Having tested what seemed to be every trampoline within a 25-mile radius of the M25 he opted for a 12ft round one complete with ladder and enclosure.

The journey home was an interesting one. Master A head in sick bag after having bounced one too many times.

Our courtyard garden is what can only be described as bijou. With Master A's new apparatus in situ it is simply non-existent – my little piece of paradise of laurel, lavender and lupins replaced by a giant structure of steel and polypropylene.

Working mum making an oath that regardless of how it may affect the long-term development of my offspring – and the tantrums and tears I may endure – I will not be succumbing to the next must-have child buy.



Zing Air Z-Curve Launcher Bow,

Load up your foam-tipped projectiles, pull back on the launcher and let rip. A few playthings claim lengthy distances, but there aren't many that can match this one's 125ft. £14.99 from menkind.co.uk



Plum 6ft Trampoline with enclosure

There are plenty of jump around playthings to choose from but this one from the outdoor experts at Plum has ticked all the boxes. £149.99 from argos.co.uk



Brik-A-Block

This colourful set-up is durable to the elements but most of all it unleashes creativity from everyone that picks up a piece. If you're looking for some peace and quiet, this delivers.

From £114.95, costcuttersuk.com



Razor FlashRider 360

This gadget is seriously cool. With castor wheels on the back and an over-sized wheel up front, it's sure to give a grin-inducing ride. £129.99 from amazon.co.uk



Boochie

Throw the Boochie and then try to land your ball or hoop as near to it as possible. But with the wrist tracker giving you crazy challenges – stand on one leg – the gameplay is as addictive as it is difficult.

£17.95 from amazon.co.uk



Bree Godfrey, seven, cuddles a Cabbage Patch Kid as she sits on Santa's knee at Hamleys Christmas toy event where the store unveiled its "must-have" gifts

If you've scarcely embraced the summer, chances are that Christmas is last thing on your mind. Not so top toy store Hamley's which lives for the season, and has just released its must-haves for 2012 festivities

- Monster High Dolls
- Web Shooting Spider-Man
- Moshi Monster App Monster
- Subbuteo
- Innotab 2
- Nerf Elite Hail Fire
- Barbie Train to Trot Tawny
- Master Moves Mickey
- LOTR The Battle Of Helm's Deep
- LeapPad2
- Cabbage Patch Kids



Oliver, four, plays with a Mosh Monster app toy during a Hamleys Christmas toy event at Hamleys Toy store in London

dear santa

Life

Q&A

Can I really tone up in 30 minutes?

You can definitely increase muscle tone in a couple of 30-minute sessions each week.

Body weight resistance exercises like the push up, squat, lunge and any kind of abdominal work all challenge your muscles enough to get results in short, sharp sessions that you can do at home.

However, there is a but – while these kind of exercises tone muscles, if you want to appear more toned, you'll also need to whittle away any fat that sits on top of them by restricting your food intake and working out more frequently.

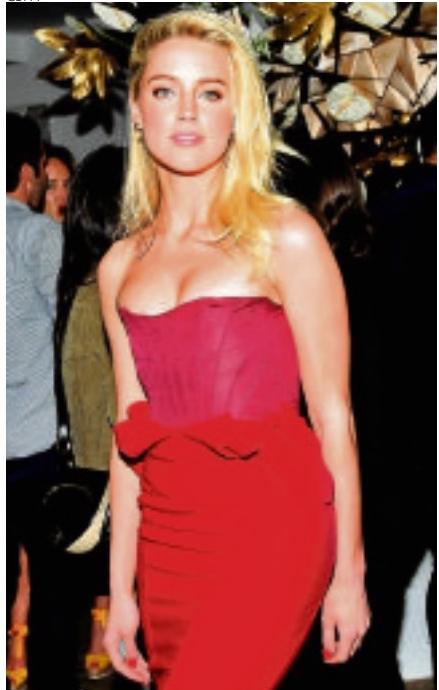
Top tip

Establish a support network: Announce your goals on Facebook and get moral support from friends, or let co-workers know not to include you in the mid-afternoon ice cream run.



FITNESS WITH LAURA WILLIAMS

GETTY



GET THE LOOK

Amber Heard

The Rum Diary star runs most days to keep her body in shape. "Running's the most time-accommodating exercise you can do," said the 26-year-old actress of her favourite daily workout.

Do it for yourself: The fact that running is such a time efficient workout is one of its most overlooked benefits but if you struggle with balancing a busy work and home life, it's worth considering. Don't know where to start? Here are my top tips for becoming a runner:

Start slowly: Start with a 4-5 minute walking warm up at the beginning and then try running for 2-3 minutes. Keep this going for 25-30 minutes and always finish with a 3-4 minute walk to cool down.

Keep your expectations low: Don't expect to be brilliant at running and enjoy it 100 per cent at the start. It may feel like a lot of hard work, your legs may feel like lead the next day and you may wonder if it's worth the hassle.

But as a free workout that'll help you to avoid conditions such as diabetes and high blood pressure and bring you closer to the dress size you want to be, it's worth sticking with. Give it at least 4-6 weeks on a manageable plan before you abandon it.

Get some proper shoes: Getting fitted for running shoes isn't as time consuming or expensive as it might sound – in fact it may save you money (on physio bills if nothing else). Runners Need (runnersneed.com) in Churchill Place will fit you with the right shoes – and at the right price too.

3
Minutes
you should
walk for
after a run
to warm
down

Decleor Aroma Sun Expert protective anti-wrinkle cream SPF50 for face, £28.40, decleor.co.uk.



Clinique sun body cream SPF30, £18.50, and face cream SPF30, £16, clinique.co.uk.

Go to Laura's website at laurawilliamsonline.co.uk, email questions to laura@laurawilliamsonline.co.uk or follow @laurafitness on Twitter

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Food

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wharf.co.uk

FURTHER AFIELD

Revolutionary spirit

Anise brand Ricard will be celebrating Bastille Day with a summer garden party on July 14 that aims to bring a taste of the South of France to the Chelsea Physic Garden.



There will be Ricard cocktails, a gourmet French barbecue, croquet, treasure hunts and petanque, as well as gypsy jazz music and a specially created Ricard ice cream. The free event will run from 11am-6pm.
Email elpa.info@gmail.com.

20%
OFF

Hilton London Canary Wharf has launched a new Sunday brunch menu in its Cinnamon Restaurant, with an egg and pancake station, soups, a carvery and classic Bellini cocktails on offer. It is served on Sundays from 11am and is priced at £24.95 per person. ■ Wharf readers can enjoy 20 per cent off Sunday brunch at the Cinnamon Restaurant until September 30. Quote SUNDAY12 when phoning to book. Call 020 3002 2300.

MUSEUM

Underground gigs

Brunel Museum in Rotherhithe will be staging a Midnight Apothecary cocktail party this Saturday in its new roof garden.



Admission is free and the cash bar will offer novel concoctions such as brandy and lovage, and whisky and chocolate mint sprig.

Later in the month, the museum will host a series of pre-Olympic gigs in its vast underground chamber. They begin on July 18 with Latin American duo Los Ventrilocuos. Go to brunel-museum.org.uk.

tasting note

The early signs are good for new sushi restaurant

REVIEW

Aji Ichiban

Greenwich

Rob Virtue
@wharf.co.uk

Greenwich has – fairly – come in for some harsh criticism in the past for its culinary offerings.

The dominant Inc Group has been hit and miss, including its short-lived fish and chip shop enterprise. That's now been replaced by the welcomed return of Goddard's Pies.

There is also, of course, the Old Brewery, which is successfully bringing fine dining without pretence to the borough.

However, look elsewhere and the town is being filled with outlets more suited to a theme park than a Royal Borough, with the historic Cutty Sark acquiring neighbours of the likes of Frankie and Bennys, Nando's and Byron Burger.

Head down the High Street and there you will find some tourist traps. Recent history suggests restaurants in the area have plumped for style and garish signs over quality of food.

The great and good of Greenwich have long needed somewhere exotic they can visit regularly while feeling they are receiving value for money. Word is spreading fast they may have found it.

Aji Ichiban – a veritable tongue twister of a restaurant name – is still only in its infancy but it seems from a glance at the many restaurant rating sites that they've managed to hit the right note.



The mouthwatering sushi selection at Aji Ichiban comes from a specialist Japanese fishmonger

WAre the glowing reviews deserved?

"The vibe was good, the restaurant design smart and the staff a delight, while the food was exceptional value for such high quality dishes and substantial portions."

When we arrived on a recent midweek night the country had fallen out of love again with football following another penalty disaster



and as a result Aji Ichiban was quiet. However, the vibe was good, the restaurant design smart and the staff a delight.

But the Japanese food is where the real attraction of Aji Ichiban lies.

We started with a perfectly presented sushi and sashimi selection. The produce comes from a specialist Japanese fishmonger and the result was a series of succulent, mouthwatering wraps.

As we know sushi and sashimi can be costly but here prices were very reasonable and exceptional value for such quality.

A personal favourite was the eel and avocado roll – the eel sweet and devoid of the earthy taste that some lower quality eels can have.

Mains of chicken catsu curry and seafood noodles were also reasonably priced. Despite substantial portions they left you wanting more.

Ice cream for dessert was delicious, with yuzu sake – based on the Japanese citrus fruit – perfectly complementing the whole meal.

It's still early days and Aji Ichiban needs to prove it can sustain such levels.

But for now it looks a perfect addition to Greenwich.
Aji Ichiban, 8 Nelson Road, Greenwich, 020 8858 7808

with mistakes. I was left with the impression that GBK didn't care something had gone wrong – more sausage factory than burger joint. Also, at more than £20 for burger, chips sauce and beer it's hugely overpriced (although, it should be noted, all meals were free on soft launch day).

As for the new decor – harsh tiling and what look like tiny garage doors on the walls make for a loud, raucous environment that's hardly relaxing. Pop up to Byron instead. GBK, Unit 24 Jubilee Place, Canary Wharf, E145NY, 020 7719 6408, gbk.co.uk.

Jon Massey

Our verdict

Luckily the Wharf has other burger outlets



More sausage factory than burger joint

REVIEW

Gourmet Burger Kitchen

Canary Wharf

GBK has been refurbished and re-opened to the public last week. But after attending its pre-opening soft launch I won't be going back. It was a disaster. Plenty of little things went wrong. Drinks arrived in a dribble instead of together. Relish wasn't included on the plate. Staff members just gazed at the burgers to ascertain whether they were medium or medium rare as if the beef patties would sprout lungs and a set of vocal chords to help them out. But it wasn't these things that made it terrible. Wharfers are busy people. So failure to deliver one of our six meals (mine) was a

major foul-up. My colleagues had finished before it turned up. Imagine I was your client.

That in itself was not the disaster. Three inquiries were made. Three times "it will be just a few moments" came the bogus prophecy. The fourth time; the waitress simply responded "yeah, yeah, yeah" and walked off, failing to communicate that she was fetching her superior.

Her manager did her best to paste over the cracks – and emailed us the next day with an explanation and an offer of a free return visit – but the damage was done.

Soft launches are all about getting it wrong so improvements can be made. But GBK has been in the burger game a while – if its systems cannot co-ordinate multiple orders perhaps they're the wrong systems. Restaurants are measured by how they deal

Our verdict

A welcome addition to the Greenwich restaurant scene



travel

Stop all the clocks, it's time for relaxation

GENEVA

The city is luxurious as a leisure destination but it keeps itself to itself, writes **Jon Massey**

What were your preconceptions about Geneva before you arrived?" queried Nico, the half Swiss, half Mexican representative of the city's tourist board.

If I'd told him the truth, I suspect he'd have been disappointed. Honestly, I didn't really have any.

Geneva in my mental map of Europe (a notoriously unreliable source) figured as little more than a name – a label for a place where powers agreed to meet without slicing each other up so treaties could be signed and business done. It wasn't a city, it was a car show, a convention, the UN.

It never occurred to me people might actually live, die, procreate and generate history there.

I assumed the whole place was some sort of giant conference centre with businesses meeting in the smaller annexes and nations taking the bigger halls for the G8, G20 and other anarchist-attracting pow-wows.

This would have saddened Nico as he's one of the people charged with promoting the city as both a place

for important meetings and a leisure destination.

Given Swiss prices that's got to be a tough sell in the current economic climate – it would never have occurred to me to consider it for a holiday.

Fortunately for Nico, he's got a decent product to push.

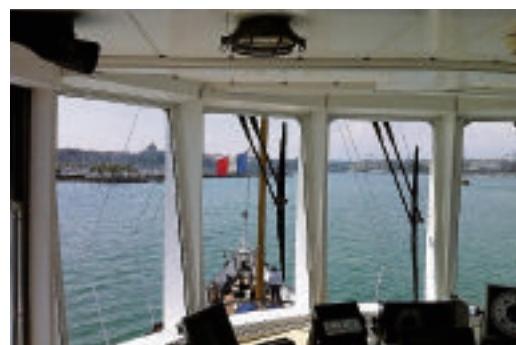
Breathtaking Swiss efficiency manifests immediately as we're decanted from our Easyjet flight into an anonymous airport environment.

Imagine arriving at Heathrow and being presented with free Wifi and complimentary travel to the city on a train that takes seven minutes.

Imagine convincing the British taxpayer to fund that and then go on to stump up for a free transport pass for anyone staying in a Genevan hotel room. But the Swiss do and, it's a shot of Valium in the arm.

Try navigating London with its shellfish pay-as-you-go system, ill-coordinated overground, underground and rail services.

Then pop over on a short flight and see how a properly organised, calm society deals with transportation.



It's this sense of the tranquil that pervades as we board Savoie, a restored paddle steamer that feels like a set for a Poirot adaptation (go to savoiephilippe-chevrier.ch).

In fact, I'm almost sure I spot David Suchet ducking out of sight behind the sleekly modern bar to attend to moustache twizzling and stressing out his grey cells.

Mercifully, the waiter arrives and the delicate pantomime of fine dining ensues. The gentle thrbbing of the highly polished engine (circa 1914, inset) and a slight whiff of oil to lubricate its parts simply add to the dreamlike quality of the lunch.

We slip gently over the lake, gliding past the Jet d'Eau and the villas of the rich and famous, sipping local wine, gobbling foie gras and tiger prawns.

It's idyllic and a must for anyone with a passion for letting the day slip by through the excesses of fine food and superb service.

Although touted as a business lunch in a city that prides itself on facilitating the machinations of commerce, there's little on the boat or off it that

suggests Geneva is that one dimensional. A trip around the sights with twinkly guide Ariel confirms there's more to this quirky town.

Under his direction a place of leisure, history and conflict unfolds, richly layered with influences from its many conquerors and modern day neighbours.

A sizeable chunk of the people who work there today live in France, whose mountains can be seen all but surrounding this little promontory of Switzerland.

And then there's the anodyne international district where the United Nations and World Health Organisation rub up against groups trying to impose globe-wide industrial standards, tackle poverty or sort out the environment.

Diplomats, lobbyists and administrators live together, insulated by Geneva's calm, welcoming atmosphere. They've left their mark on the culture too – sustaining an unusually



cosmopolitan restaurant scene that despite the city's small size could rival London for variety.

But it's not in these big institutions that the charm of the place is found, it's in the detail.

Like the delicate workings of a Swiss watch, each tiny gear revolves to make the city more interesting.

It's skirting around Geneva, despite the attractive verve of the old town, that those toothed wheels gain traction on my trip.

We stroll around Carouge, which is composed of lower, less imposing buildings. Its wide boutique-strewn streets offer a quirky alternative to the solid brands of Geneva proper.

We visit Phillip Pascoet (philipp-pascoet.ch) to try his astonishing dark chocolate creations, an experience eclipsed by walking across the road and entering the workshop of Jean Kazes. The strange, bold clocks he

Switzerland's capital of culture

BASEL

Rob.Virtue
wharf.co.uk

If you're looking to visit somewhere in the heart of Europe it would be hard to do much better than Basel.

The city's centre is in Switzerland but its suburbs sprawl into neighbouring France and Germany – when you land at Basel Airport you are on French territory.

Climb the tower of the famous Munster (cathedral) and you can look out at over the Rhine towards Germany's Black Forest. Restaurants

and bars often offer traditional German cuisine such as veal sausages and wiener schnitzels.

And if you were permanently based in Basel, due to the almost permanent strength of the Swiss Franc, you could happily pop over the border for your shopping trips.

While its location makes it a perfect base for exploring the surrounding region Basel, just 15 minutes by bus from the airport, is itself a unique city.

With the chemical and pharmaceutical industries paying 50 per cent of the area's taxes, you might expect the landscape to be industrial.

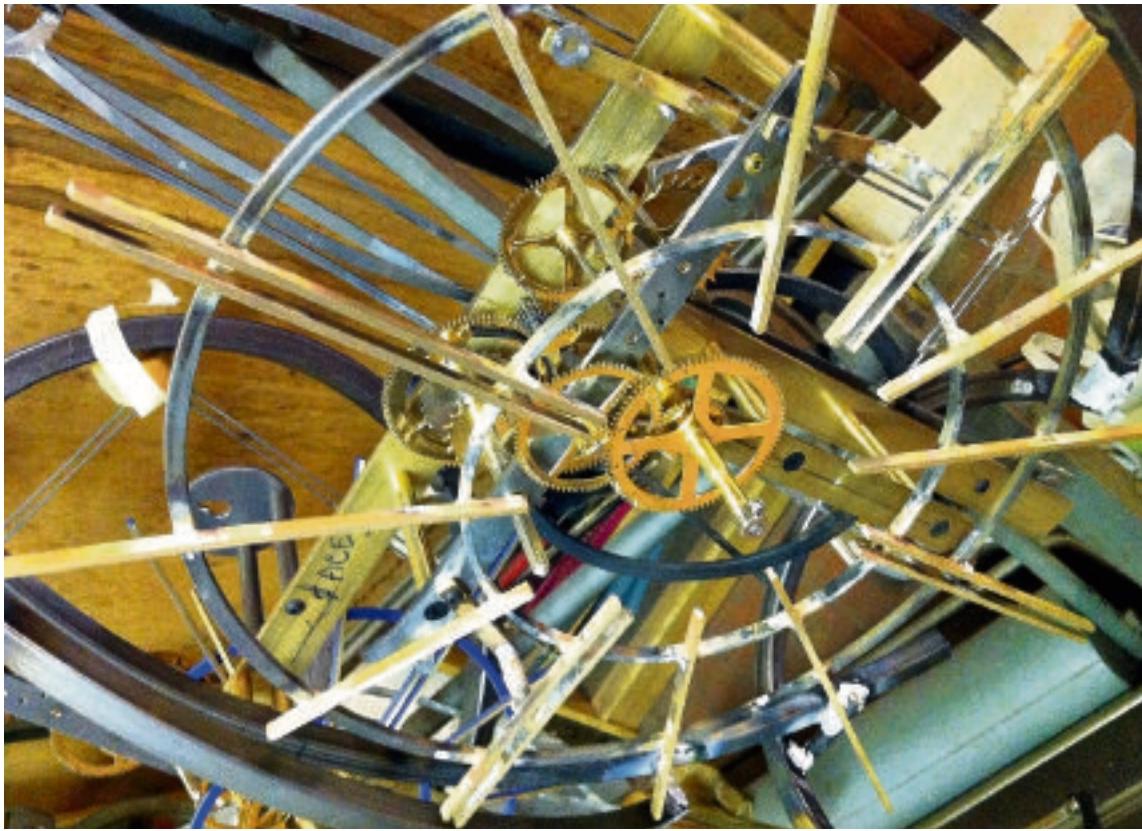
But walking around town you see little of that. It has a mildly busy city centre and a picturesque and almost silent old town where much of the architecture dates from the Middle Ages, including the aforementioned Basel Munster.

Built as a Catholic cathedral but now a Protestant church, this predominantly sandstone structure blends Romanesque and Gothic styles and remains one of the city's defining landmarks.

Strolling further along the river down you come to a cable-based river crossing very different to the Thames cable car.



Clockwise from top left, Place du Bourg de Four in the old town, the Jet d'Eau on Lake Geneva, Foie Gras on Savoie and the view from her bridge



creates adorn every inch of this cubby hole and while the master is absent, his assistant is happy to offer up horological nuggets. Each clock is unique, dreamt up over a coffee down the street, then hammered out by their ageing creator.

We drive up to Cologny, Geneva's Beverley Hills, to view the house where Mary Shelley, on holiday with husband Percy and close friend Lord Byron, wrote *Frankenstein* to pass the time during an especially bad winter.

Then it's out into the countryside, which feels very French, for a view of some vineyards and a taste local food and wine.

Like almost everything we've seen, this excursion is a reinforcement of the fact the Genevans keep the best for themselves. Perch from Lake Geneva and wine made close to the city are excellent but you'll have to visit to discover them yourself.



Above, a half finished Jean Kazes clock in the back room of his workshop in Carouge. Left, a fountain in the Place du Bourg de Four

A barge on the water is linked to a cable above that pulls it across the river. It's quirks like these that make Basel so endearing.

Many visitors to the area come for the art and museums, of which there are around 40. This is Switzerland's capital of culture with open air theatre and opera often filling the city's streets.

You may well find yourself here on business, with the Exhibition Centre Basel – Switzerland's answer to the Excel – hosting a number of events throughout the year.

The 25-year-old building, which has a very light and airy feel, also hosts the Baselworld watch and jewellery show in the spring.

If you're not interested in Rolexes or Tiffany & Co then it's probably wise to avoid the city during this

FACTFILE

- Swiss International Air Lines started flying to Basel from London City in April. Flights start at £100 for a return.
- Flights are 12 times a week each way with departures to the Swiss city at 8.25am and 7.45pm each weekday, and 8.25am on Saturday and 7.45pm Sunday.

period as the small amount of hotels will be sold out.

At other times, try to get into Les Trois Rois, the most expensive five star hotel in the region.

If you want a real clash of European culture, with fine food, great views and a charming little city, you'll find it in Basel.

TO DO LIST



■ Stay: Still a family business this just short of five stars hotel boasts live music at breakfast and a piano bar, generously sized rooms and a spa and fitness centre exclusive to guests – Hotel Bristol, above, (bristol.ch).

■ Eat: Charming terrace and a Gallic interior – Buffet de la Gare de Cologny (buffet-gare-cologny.ch). Delicious local cuisine at the heart of the old town – Brasserie-restaurant de l'Hotel-de-Ville (hdvglozu.ch). A little rural charm and fantastic local wines – Auberge de Chouilly, below, (auberge-de-chouilly.com).



■ Fly: Easyjet from Gatwick (from £22.99 outbound) Swiss International Air Lines (from £108 return).

■ Information: Go to geneve-tourisme.ch.

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Images



1



1

A general view of the illuminated Supertrees Grove at the Gardens By The Bay in Singapore.

REUTERS
Tim Chong
SINGAPORE

2

Smoke from the Waldo Canyon fire hovers over the I-25 north of Colorado Springs.

REUTERS
Rick Wilking
UNITED STATES

3

"Human flag" Liao Hong-lin balances himself horizontally onto a flagpole in front of Chiang Kai-shek Memorial Hall in Taipei.

REUTERS
Pichi Chuang
TAIWAN

4

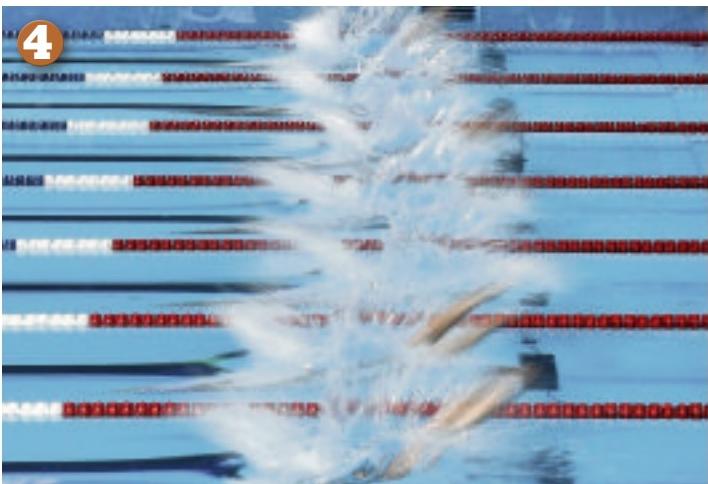
Swimmers start their men's 100m freestyle heat during the US Olympic swimming trials in Omaha, Nebraska.

REUTERS
Jeff Haynes
UNITED STATES

2



3



the Road

With one eye on the speedo and
the other on the open road

NEW CAR

Mercedes keeps up appearances

David Whinyates

The Wharf

Sexy, sporty and sophisticated, the new Mercedes A-Class couldn't be more different to the boxy original.

After 13 years, Mercedes-Benz has abandoned the high riding, sandwich-floor concept that set the first A-Class apart from other premium superminis and has come up with an exciting new generation model, which is far more in keeping with the sporting image the company has developed so carefully in recent years.

The new model, which was first shown to UK consumers at the Canary Wharf Motorexpo last month, will open up a fresh chapter for Mercedes in the premium compact segment and looks more than capable of stealing sales from arch rivals BMW and Audi.

So much so that in anticipation of massive demand, Mercedes has this week revealed full details of the UK model line-up and prices a full six

months ahead of the car's arrival in showrooms.

There will be five model lines with prices starting from £18,945 when the new A-Class goes on sale in December and to underline the new model's sporting aspirations, that line up will include Sport versions and a brace of AMG models.

A total of five engines will be on offer – three petrol and two diesel – from 1.6 to two litre, with power outputs from 109hp to 211hp. All the engines feature ECO start/stop as standard.

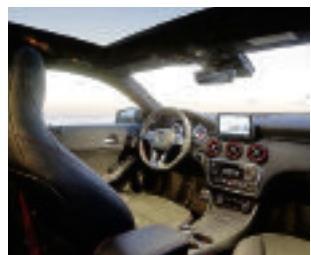
The entry-level A 180 BlueEFFICIENCY model has a 1,595cc, 122hp petrol engine mated to a six-speed manual gearbox and includes comfort suspension.

SE models start from £20,125 with either 122hp petrol or a choice of 1,461cc or 1,796cc 109bhp diesels, the latter with a seven speed DCT autobox.

Sport models will be available with either 122hp or 156hp versions of the 1,595cc petrol engine, the 109hp



The new Mercedes A-Class was first shown to UK consumers at the Canary Wharf Motorexpo last month



diesel or a 136hp version of the 1,796cc diesel.

To confirm the sporting credentials of the new A-Class, Mercedes-Benz has also introduced two AMG-inspired models to complete the range: AMG Sport and Engineered By AMG.

The AMG Sport, from £23,445, includes a Dynamic Handling Package with sports suspension, perforated disc brakes and cruise control with Speedtronic, as well as AMG body

styling and 18" AMG five-spoke alloy wheels.

The AMG comes with the same engine options as the Sport plus a 1,991cc 211hp petrol engine mated to the seven speed auto transmission.

The ultimate sporting version of the new A-Class range will be the £28,775 Engineered By AMG model, initially with the 1,991cc 211hp petrol engine and seven speed auto transmission with a diesel version due next year.

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The official fuel consumption figures in mpg (l/100km) for the Mazda MX-5 range: Urban 25.4 (11.1) - 28.8 (9.8), Extra Urban 45.6 (6.2) - 50.4 (5.6). Combined 35.3 (8.0) - 39.8 (7.1). CO₂ emissions (g/km) 188 - 167. Retail sales only. Subject to availability at participating dealers only on vehicles registered between 1 April and 31 July 2012. Terms and conditions apply. 0% APR available on all Mazda MX-5 models on Mazda Conditional Sale with a 50% minimum deposit required. Finance subject to status. Applicants must be 18 or over. Guarantees/indeemnities may be required. Mazda Financial Services RH1 ISR. Model shown: Mazda MX-5 Roadster Coupe 2.0i Venture OTR price £22,295. On the road price includes Mica/Pearlescent paint VAT, number plate, delivery, 12 months' road fund licence, 1st registration fee, 3 year or 60,000 mile warranty and 3 years' European Roadside Assistance. *Test drives subject to applicant status and availability. Details correct at time of going to print.

the Wharf

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Hake 5

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Stars

With Claire Petulengro

AQUARIUS

JAN 21-FEB 19

For more call 0905 817 2070
Make sure you reply to any messages you receive – doing so could save you money and even bring exciting new opportunities into your life.

PISCES

FEB 20-MAR 20

For more call 0905 817 2071
Games are being played in your love life and if you are not careful you are going to end up getting hurt. Gifts are not always a true sign of commitment.

ARIES

MAR 21-APR 19

For more call 0905 817 2060
Recent tensions come to a head. You have the power to be a calming influence but be mindful of the fact that you have not heard both sides of the story.

TAURUS

APR 22-MAY 21

For more call 0905 817 2061
Your personal life has not been running smoothly but you're doing a good job of dealing with the problems before you. It's time to focus on your strengths.

GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062
Someone has a lot of explaining to do, if you're willing to listen anymore. Items you buy this week will show you where your heart really lies.

CANCER

JUNE 22-JULY 23

For more call 0905 817 2063
Gossip you hear is unlikely to be true so be very careful about repeating it to anyone. Time spent with a family member's partner proves to be rewarding.

LEO

JULY 23-AUG 23

For more call 0905 817 2064
Be careful not to become too involved in other people's problems. A friendship could soon begin to develop into a romantic relationship.

PISCES

AUG 23-SEPT 23

For more call 0905 817 2065
You don't seem to know what to do with yourself recently. Your plans are based on the hope that you will see someone you can't get off your mind.

LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066
How can somebody explain their actions if you won't let them get a word in edgeways? Try to listen to people this week, as there is much you need to learn.

SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067
Family members are not making it easy for you to be honest. Don't pretend to be someone you aren't – all that matters is that you are proud of your actions.

SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068
Your energy levels aren't as high as they should be, so try give your body a rest. Conversations with family members show you how to manage your life better.

CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069
Travel is well starred but it seems someone is making a fool out of you. Maintain your high standards as it's the only way you will be able to realise your dreams.



Dinner and a Movie



★ Fancy winning dinner and movie for you and a friend?

We've teamed up with West India Quay's Marriott's Manhattan Bar and Cineworld West India Quay to offer two main courses and two cocktails and a pair of tickets to the cinema.

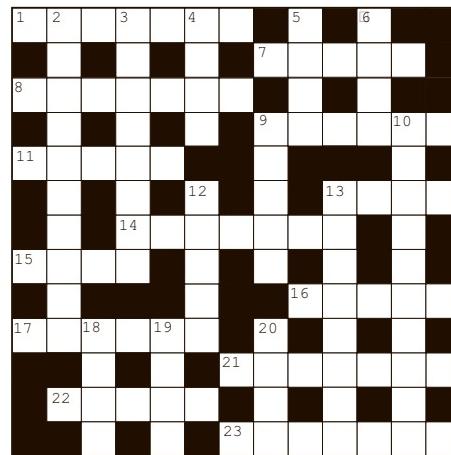
To be in with a chance of winning, just tell us which actor

is circled in the film *The Amazing Spider-Man* showing at Cineworld. Email your answer to newsdesk@wharf.co.uk with "Movie Night" in the subject line. The closing date for entries is July 12, 2012.

Include your name and full postal address and the details and tickets will be posted to you.



Crossword



ACROSS

1. Swallows up (7)
7. Soak in liquid (5)
8. Staying power (7)
9. Overseas (6)
11. Low-value coin (5)
13. Extinct bird (4)
14. Teach (7)
15. Magician's stick (4)
16. Resembling an elf (5)
17. Thin (6)
21. Very old (7)
22. A fixed gaze (5)
23. Mineral pitch (7)

DOWN

2. Toad type (10)
3. Lacking personnel or crew (8)
4. Long pointed tooth (4)
5. Counterfoil (4)
6. Nought (4)
9. In front (5)
10. Added or supplementary (10)
12. Spicy Indian dish (5)
13. Take action on (4,4)
18. Greek letter (4)
19. Standard (4)
20. Taverns (4)

ACROSS: 1. Fugitives; 7. Steep; 8. Stamina; 9. Abroad; 11. Penny; 13. Dodge; 14. Educate; 15. Ward; 16. Elfin; 17. Skimpy; 21. Andante; 22. Stars; 23. Asphalt

DOWN: 2. Netterfagd; 3. Unmanned; 4. Fang; 5. Stile; 6. Zero; 7. Ahead; 9. Curvy; 12. Deal With; 18. Idol; 19. Norm; 20. Ins.

Sudoku

EASY

	1		4	5	2		
5	4		6		9		
	8	2		1		5	
4	5			9		3	6
	7					1	
1		3		8		2	5
			5		7	3	
			5		2		9
			6	1	3		4

HARD

7		3	4			8	
	4					7	6
8			9	7			5
					9		3
		9				8	
6			2				
8			4	7			3
	6	2				1	
5				2	1		9

GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

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The Wharf's Sudoku puzzles are supplied by sudoku-puzzles.net
For more free brainteasers including Futoshiki, Nonogram and Samurai, go to the website

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Sport

2012

GB athletes announced

PART-TIME Credit Suisse worker Abdul Buhari has made it into the Great Britain Olympic squad for this summer's Games.

The discus thrower is joined by east London medal hopefuls Mo Farah, Christine Ohuruogu and Perri Shakes-Drayton in the team of 71 unveiled on Tuesday.

Buhari had already achieved the A-standard throw but failed to finish in the top two in the GB qualification trials last week that would have seen him automatically picked. However, the GB selectors opted to take 30-year-old Buhari as one of their three discus competitors.

Meanwhile, Farah, who until moving to the United States last year was a member of Newham and Essex Beagles, will run in the 5,000 and 10,000 metres.

Former Tower Hamlets schoolgirl Shakes-Drayton will take part in the 400m hurdles, while Ohuruogu will compete in the 400m and 4x400m.

RUGBY

Teams fight for victory



THE first ever East London Sevens saw 21 teams battle it out in a tournament in West Ham's Memorial Park at the weekend.

Old Johnians RFC picked up the main winner's cup, with S&L Ravens RFC winning the trophy and Lithuanian Rugby being presented with the plate.

The day also included a barbecue and a performance by band East End Promise.

East London RFC organised the tournament.

DARTS

Stars will aim to win

NATIONAL pride will be at stake when darts stars clash at Charlton Athletic's The Valley later this month.

That's according to English world number three James Wade as he prepares to go into battle with Australian Simon Whitlock, Holland's Raymond van Barneveld and Welshman Mark Webster in the Charlton Masters.

Wade said: "Of course the night will be fun and played in a different spirit to a major televised tournament but deep down, we will all want to win." For tickets go to dartshop.tv or call 0845 018 0180.

Triathletes test their strength ahead of Olympics

TRIATHLON

British success in the Wharf event bodes well for Hyde Park contest, writes **Rob Virtue**

Australian Aaron Royle, Britain's Katie Hewison and a team put together through Facebook were all winners in the Canary Wharf triathlon on Thursday evening.

In a warm night on the estate, crowds gathered for the annual event which involves a swim through the dock and a cycle and run along the roads.

Royle held off the USA's Jarrod Shoemaker and Britain's Aaron Harris in a close sprint finish in the men's category. The Australian, who also came first in his heat beforehand, lifted the trophy won by his compatriot Brendan Sexton last year.

After the race, Royle said: "Along the back straight I was a little worried that if they caught me there, I might not be able to hold on but once I got to that top corner, I was going to give it everything to make sure I could hold them off."

"The atmosphere has been great. This is my second year here, last year I got fourth and had a blast but to come back this year and win has topped it off."

The Wharf event came just

W How do you feel about your win?

"I am in shock. For me it was all about having the hardest swim that I could and staying in the pack."

Katie Hewison

Experienced runner-up Shoemaker, who competed at the 2008 Beijing Olympics, said: "I had an awful first heat. I was on my own for a lot of it but I said to myself it was just a warm-up."

"In the race, I wanted to go for it, have fun and be smart and it worked out great. The end was so close. I knew I was catching him (Aaron) but I knew he would go for it, so it was a lot of fun."

Crowds flocked to the Canary Wharf estate for the event, which is one of five in the British Triathlon Super Series.

It sees competitors complete a 400m swim in the dock opposite the Tube station, before cycling 9.8km and running 2.1km.

The Wharf event came just



Great Britain's Katie Hewison and Australia's Aaron Royle celebrate their victories in the GE Canary Wharf Triathlon Finals



a month before the Olympic triathlon is staged in Hyde Park.

In the women's event Hewison beat fellow Brit Liz Blatchford and South African Gillian Sanders to the finishing line.

Afterwards Hewison, from Lancashire, said: "I am in shock. For me it was all about having the hardest swim that I could and if I am in the pack, I am a happy girl because I am a strong runner."

"I focused on running as hard as I could and when I got near I couldn't believe I was going to win. To race here with all the support is amazing. There is a great atmosphere and to race in heats and then finals is something different too. It's all really fast."

Blatchford led after both the first and second transitions.

She said: "When I came out of the swim and I was on my own on the bike I wasn't sure whether to go out on my own or wait, but I decided to wait for the group and then go for the run."

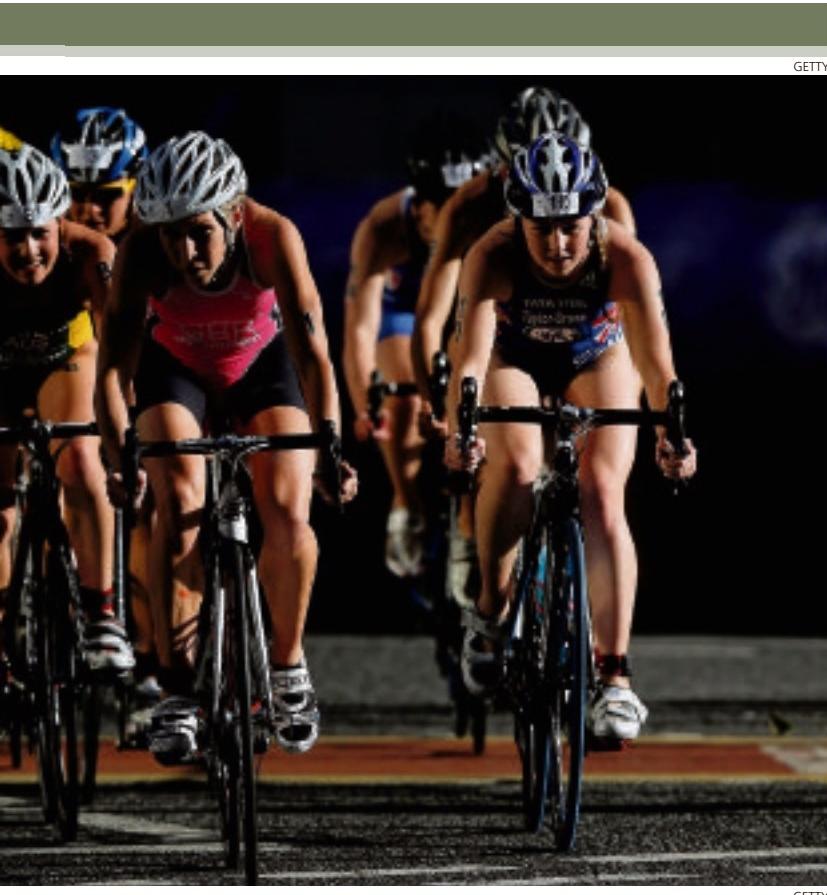
"Katie is an amazing runner so I am not surprised she beat me. This race is so much fun, it really gets the adrenaline going. To race at this time of night is so different to what we are used to but I love it."

In the team event, GE Dream Team 3, recruited through Facebook, won in a fiercely contested race.

John Wood swam a strong first leg before Chris Newman put the team in front on the bike and Simon Jackson held off the pack in the run. Locog came second and GE Aviation third.

Wood said: "It was just good fun to compete with your mates and do it for other people. Chris was awesome on the bike, made it look easy and Simon brought it home; he flew."

For more information go to britishtriathlonsuperseries.com.



GETTY



GETTY

Top, Britain's Liz Blatchford, centre, leads a pack of cyclists during the first women's heat
Above, Riders await the start of the men's second heat in the GE Canary Wharf Triathlon

WEEKEND FLUTTER

RACING

The Group 1 Coral-Eclipse takes place this weekend at Sandown Park and the recent Royal Ascot winner So You Think is odds-on favourite to win in what appears to be a highly competitive renewal of the race.

However, with the deluge of rain expected at the Surrey track ahead of Saturday, Godolphin's highly promising Farhh, who is expected to relish the soft ground conditions, looks like a decent bet at 9-2 with some bookmakers. Worth a flutter.



Sergio Perez
is our F1 tip

WITH THE RACING POST

FORMULA ONE

Britain's sporting summer continues with the British Grand Prix at Silverstone on Sunday and Red Bull driver, Sebastian Vettel is the man to beat.

He looks a good bet at 3-1 given the form he has been in lately. However, forecast rain could shake things up and Sergio Perez may offer better each-way value at 66-1.

The Mexican driver has already made two podium appearances this season including a brilliant second place on the wet in Malaysia.

For daily expert advice, top tips and the latest news from our experts go to racingpost.com

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